Keeda is the Senior Legal Advisor at Free Hearts, a Non-Profit Organization led by women that have been formerly incarcerated and serves as the Federal Policy Analyst with The National Council for Incarcerated and Formerly Incarcerated Women and Girls. Prior to this, for 6 ½ years, she served her community as an Assistant Public Defender in Nashville, TN. There she devoted all her determination, energy and passion into fighting for her clients, in the courtroom and in the community.

In 2002, for her alleged involvement in a drug distribution ring, Keeda was sentenced to seven years in federal prison for a crime she didn't commit. The United States Supreme Court remanded her case and eventually she was resentenced to the mandatory minimum sentence of 5 years. Keeda was finally released from federal prison on December 1, 2006, after serving almost four years. Two years after her release, Keeda enrolled into law school at the Nashville School of Law, graduated in 2012 and became a practicing attorney, after clearing the Character and Fitness examination, in Nashville, Tennessee in December of 2012.

In addition to her work as a Public Defender, Keeda served her community on the Juvenile Justice Realignment Task Force. She has received several awards and is very active in her community as the Senior Legal Advisor with Free Hearts. She continues to educate and advocate on the behalf of the community, focusing on criminal justice reform, incarcerated women's rights, voter restoration and various other issues. In 2020, Keeda ran for Congress for the 5th district in Tennessee and received 40% of the vote against an entrenched incumbent. Additionally, Ms. Haynes has written a memoir entitled *Bending the Arc: My Journey from Prison to Politics* that is scheduled to be released on November 16, 2021.